BENGALURU, TUESDAY, JULY 25, 2023 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 24 | Min 19 | Humidity 84% Mostly Cloudy Sensex 66,384 | Nifty 19,672 | Gold 59,143 | Silver 74,150 | Dollar 81.82 | Euro 90.63 | GBP 104.92

WASTE NOT

Efforts on to make flower show a zero-waste event

PAGE 3

TRICK OR TREAT

Why is Bengaluru weather so unpredictable?

PAGE 6

Experts point to problems with installation of floating solar panels in lakes as it might disturb ecosystem of water body, affect aquatic flora and fauna

FLOAT AN IDEA... BUT NOT THAT LITERALLY

Caution advised in implementing new idea to cut dependency on electricity for lift irrigation

| Garima Prasher
garima.prasher
@timesgroup.com

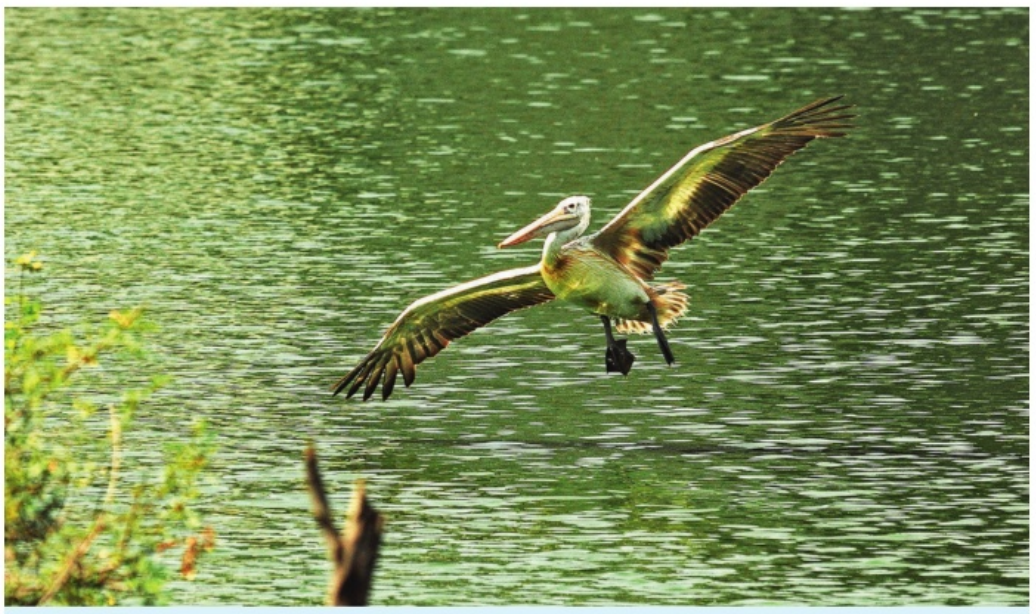
TWEETS @BangaloreMIRROR

The Karnataka Minor Irrigation Department is exploring the possibility of installing floating solar panels in lakes. According to Minister NS Bose Raju, the idea is to reduce dependency on electricity for lift irrigation projects.

However, ecologists and lake conservationists have questioned the rationale behind this plan, claiming that such projects will only spell disaster for lakes' biodiversity and ecosystem.

"Installing floating panels on lakes will be a violation of the Wetland Conservation and Management Rule, 2017. Floating PV cells will alter the physical and chemical integrity of the water bodies considerably. Lakes' biodiversity and ecosystem depend on the process of photosynthesis, which helps in the enrichment of water columns. Since the panels will obstruct the entry of sunlight into the lakes, the photosynthesis rate will reduce

CONTINUED ON PAGE 8 >>



"This might also reduce the feeding and foraging habitats of these animals. Large construction of these panels may affect several crucial water chemistry variables such as temperature, pH, dissolved oxygen, etc

– Dr Vidyadhar Atkore, Salim Ali Centre for Ornithology and Natural History

Return to innocence

As cases of minors indulging in sexual misconduct come to fore, child activists stress on need to raise awareness

| Ahna Prakash
c-ahna.prakash@timesgroup.com

TWEETS @BangaloreMIRROR

On Saturday, around 8 pm on Davis Road, a boy touched a woman inappropriately. A citizen that witnessed the incident told BM that the boy was around 12 years old. According to the eyewitness, the boy touched the middle-aged woman inappropriately on the road and ran away when he saw people approaching. When the witness and his friends saw the boy running and the woman running behind him, they thought that he had probably snatched a mobile.

"When the boy was confronted, we got to know he was a minor and the woman told us what he had done. At that moment, her husband reached there and slapped him. At the same time, the hoysala vehicle reached there and the police enquired about the event and took the boy away in the police vehicle for further investigation," said the witness. "What shocks me is that the boy was a minor and it's bizzare to think that a 12-year-old boy can do this, but then it could have become possible as today's generation is exposed to all sorts of content related to sex," he adds.

He informed that this isn't an isolated event, several young teenage boys in the area can be spotted teasing, harassing or even engaging in sexual misconduct in the area.

CONTINUED ON PAGE 2 >>

'Women had it all'

Know about contributions, depictions of women between 9th and 13th centuries; archaeological findings can reveal more

Abhijeet Kabad
mybangaloremirror
@timesgroup.com

TWEETS @BangaloreMirror

When the Cholas were active from the 9th to the 13th centuries, known for their administrative achievements and maritime presence and the accomplishments of their arts in many temple towns, the women were active, graceful, and powerful, said Prof Sharada Srinivasan from the National Institute of Advanced Studies, Bengaluru. Prof Sharada was elected a member of the American Academy of Arts and Sciences in 2021 in archaeology. She received the Padma Shri in archaeology in 2019. Recently, she was talking at the MAP museum in the city.

Talking about the Chola empire, she said, "The Uma Maheshwar Temple in Thanjavur district was a bustling town, and the temple was rebuilt by Chola queen Sembiyan Mahadevi. There is a metropolitan representation of women, as there was a bronze idol of the queen. Although the period was patriarchal, the Sati was more prevalent in Bengal and northern India than southern India. But Sembiyan Mahadevi, being widowed, has a town named after her."

The Brihadeeswara temple also has certain remarkable patrons, such as Rajaraja's sister, who has donated several gifts to the temple. She is also known to have set up educational works and hospitals in memory of her ancestor, Parantaka Ashokan. The queens were also responsible for making land grants and donations. The temple has 400 dancing girl sculptures attached to it, she added.

Prof Sharada Srinivasan was talking about women's power and grace at the MAP museum in Bengaluru

> "The Uma Maheshwar Temple in Thanjavur was a bustling town, and the temple was built by Chola queen Sembiyan Mahadevi"
> –Prof Sharada Srinivasan

Women contributed significantly by donating idols to the temples. Talking about the bronze idol of Nataraja, which she analysed, contained 8% tin and 8% lead.

"This celebrated idol is part of our consciousness now and is played very prominently in many international museums. Sembiyan Mahadevi played a big role in Nataraja worship. There is an idol of Nataraja and Shivakami in a temple made by Mahadevi. There are significant inscriptions showing donations made to the bronze casting community and various other communities contributing to the cultural economy of the temple," she explained.

There is also a depiction of Shiva defeating Kali in a dance contest. The Thillai Kali temple in Chidambaram shows that worship was more prominent there. It was in the 10th century that Nataraja became more prominent. Kali gets pushed to the background, then onwards, she added.

Another significant aspect of the Chola period is the Tamil Bhakti movement, which flourished from the 6th to the 8th century with Shaiva saints like Nayanmar and the Argha saints. The images of saints started being cast.

"The interesting thing about the movement was that laymen and common folk could aspire for salvation without going through intermediaries of ritual worship. There was a direct rapport with their chosen divinity. A lot of women became prominent, like the 9th-century saint Andal. She also makes nuanced observations of the casting process by which the metal icons were created," she mentioned.

The metal icons were first carved out in wax and covered with numerous layers of clay from the mold. The mold was heated, and the wax melted out. The molten metal was poured into the mold to take the shape of the original wax model. The mold was broken open and finished, after which the cast icon was retrieved.

Furthermore, she said that there are remarkable depictions of women in terms of knowledge. "There is a depiction of the goddess Saraswati, depicting wisdom. The interesting fact is that Saraswati has a sacred thread showing esoteric learning that is exclusive to male Brahmins. But the yajnopavita is seen in many female representations from the Chola period. It suggests that the esoteric could be the preserve of powerful or pious women," she informed.

There is a town named in memory of Sembiyan Mahadevi in the coastal Nagapattinam region.

Women were not just passive; there is an element of women as a part of the artwork, she further added.

Sex education a must for kids

CONTINUED FROM PAGE 1

Child rights activist and director of the Child Rights Trust Nagasimha G Rao told BM that there has been a rise in cases where juveniles are the accused in sexual harassment cases. He says that the numbers have gone up post covid lockdown. He even requested the Karnataka State Commission for Protection of Child Rights that the POCSO Act be taught in schools.

"Teachers have contacted us to say that there is an increase in teasing and that minors are engaging in sexual activity. Girls are complaining to their parents that the male students at their school are misbehaving with them. But you can't solely blame the children, because there is a lack of awareness among teachers and parents as well. There are only a few who would give sex education or teach children about the POCSO Act," he said. He added that he thinks that now children have started thinking like adults, mainly because of exposure to several OTT platforms.

Sheetal Lakhani, clinical psychologist, said that it is expected that between ages 6 and 12 years, children have increased curiosity and may want to explore through media. Media, if inappropriate or unmanaged, and if it is not developmentally appropriate, then it may have detrimental impact on sexual development. For instance, objectifying individuals of any gender is likely to induce misconduct, she said.

"Disclaimers that are age-appropriate and censoring for some but not all sexual content, because that causes repression again is necessary. One other way to manage this is through early, age-appropriate sex education. Society is to be blamed for stigmatising sex and conversations around it. We discourage these difficult, taboo conversations and end up hurting the child's sexual development. A healthy sexual exploration begins in childhood and is essential to development. This development can be thwarted if the sexual exploration is not comfortable, and wrought with fear or stigma or shame or embarrassment. In my view, sexual repression is a leading cause of inappropriate sexual behaviour. Being subjected to abuse themselves may also lead to inappropriate and unmanaged need for sexual exploration," says Sheetal.

She adds that parents should never ignore questions around sex, even if they're difficult and should provide the child a safe space for all kinds of discussion.

"A more holistic approach is recommended in discussing age-appropriate sexual content," she adds.

Matrimony

FIND SOMEBODY
YOU CLICK WITH.
WITH A FEW CLICKS.

Book your matrimony ad today using ads.timesgroup.com the official online ad booking platform for Times Classifieds.

Scan the QR code

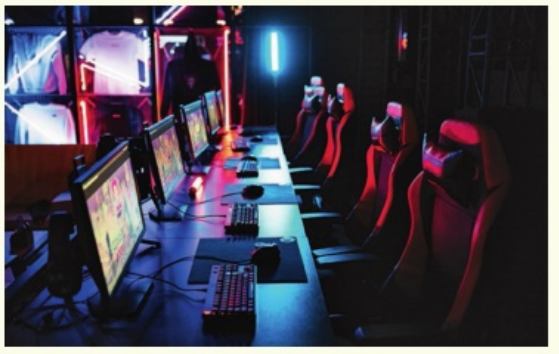
Or Visit Adstimesgroup.com

Best Offers | User-Friendly | Safe and Secure

Toll Free:1800-1205-474 | Chat with an expert: 70121 91460

2 THINGS TO DO

01 Esports time



Get ready to be part of a 2-day gaming festival that is being hosted by S8UL, India's top esports and gaming organisation. S8UL is organising with popular gamers such as Mortal, ScoutOP, Regaltos, PayalGaming, KaashPlays, Mavi, Snax, and more. The event is being co-hosted by The Esports Club and sponsored by Lenovo and Intel. There's no entry fee.
Where: Manpho Convention Centre
When: Saturday and Sunday, July 29 and 30; 10 am–7 pm

02 Discuss it well

Sarsayee Foundation's Lit World, in collaboration with Atta Galatta, is organising 'Word Wings' this month. Attend a wonderful session of story reading, as the event is set to bring some of the greatest Tamil stories. These stories will touch your heart and inform you of the changes in the world as we shape it. This literary discussion is presented by Padmavati Rao.

Where: Atta Galatta, 178, 5th Main, 9th Cross, 1st Stage Indiranagar (opp Cafe Terra)
When: Saturday, July 29; 5 pm

Lalbagh: Eco-friendly flower show

Horticulture Department and NGOs join hands to make Independence Day Flower Show a zero-waste event

Bangalore Mirror Bureau
mybangaloremirror
@timesgroup.com

TWEETS @BangaloreMIRROR

The Horticulture Department, in collaboration with various not-for-profit organisations in the city, is preparing for the annual Independence Day flower show at Lalbagh with a renewed commitment to making it a zero-waste event.

According to the officials from the department, to make this initiative a significant success this year, compared to last year's event, triple the number of ground forces have to be deployed this year.

"We generated ten loads of garbage during the Independence Day flower show in 2022. This amount was reduced to two loads after the Republic Day event this year. For the 2023 Independence Day show, we plan to reduce waste generation by less than two loads. To achieve this, we plan to deploy 150 ground staff to ensure visitors do not use single-use plastic bottles, garbage is discarded in litter bins and the garden is not left in shambles by the end of the event," said Kusuma G, deputy director of Horticulture, Lalbagh.

"The 12 day-long event will begin on August 4" said Kusuma G. The Horticulture Department officials said while the event was expected to be a zero-plastic and zero-littering event last year, this year the rules will be followed more strictly.

"Visitors' bags will be checked to ensure they are not carrying single-use plastic items. Only steel bottles or reusable water bottles will be allowed at the event.

The dustbin rule will also be stricter for both visitors and vendors at the event. Vendors without a litter bin in front of their stall will be fined as well. Last year too we tried to make it a zero-waste event, but the rules this year will be followed more systematically. We have strengthened our monitoring network. We are also planning to charge all the vendors Rs 100 per day to support clean-up drives conducted by ground staff in front of their stalls," added Kusuma.

"Last year too we tried to make it a zero-waste event, but the rules this year will be followed more systematically. We have strengthened our monitoring network. We are also planning to charge all the vendors Rs 100 per day to support clean-up drives

– Kusuma G, deputy director of Horticulture, Lalbagh

According to the Horticulture Department, while the Independence Day flower show in 2022 and the Republic Day flower show in 2023 generated ten and two loads of garbage respectively, the idea this time is to reduce it further to less than one load.

Odette Katrak, the co-founder of Beautiful Bharat, a not-for-profit assisting the Horticulture Department in keeping the botanical garden litter free during the upcoming flower show, said stringent action will be taken against people spitting in public during the recent.

"We will be at the venue to ensure the event is spit-free. This time, we will also have support from BBMP's marshal team against the spitters. In the recent meeting with the department on the management of garbage during the flower show, experts highlighted that nearly 10,000 people in Karnataka are suffering from multi-drug resistant tuberculosis. It is important to spread awareness about such studies and findings. Our team will try to ensure that spitting in the open is not allowed," said Katrak.

BTMC bus brawl viral on Twitter

In a recent incident on a Bengaluru Metropolitan Transport Corporation (BTMC) bus, a heated fight between a conductor and a passenger over unpaid fare has gone viral on Twitter.

The video captured the two engaging in a physical fight, conductor complaining that the passenger had not paid the fare and verbally abused the conductor in Hindi, which led to an exchange of slaps between the two. Two women tried to break up the brawl, but unfortunately, both kept hitting each other. In the video, the bus driver is seen saying, "Let's take him to the police station"

The Bengaluru city police were informed and also requested the author of the tweet to provide additional details and the exact location of the incident. Unfortunately, the Twitter thread soon became a fight between netizens regarding migrants misbehaving with the locals.

EVEREADY TORCHES
MADE IN india
Be monsoon-ready with EVEREADY
India's FASTEST CHARGING* Torch
1W BRIGHT LIGHT
CHARGING AND FULL CHARGE INDICATOR
FAST CHARGING IN 3 HOURS, LITHIUM ION BATTERY
2W SIDE EMERGENCY LIGHT
EVEREADY
DL80 RECHARGEABLE TORCH
INDIA'S NO.1 TORCH BRAND
₹145/-** Per Unit
GIVE ME RED
*Based on in-house test report. ** MRP inclusive of all taxes.

Speedy road fix needed

Citizens struggle to commute on road connecting Sarjapur Road and Hosur Road; say BBMP has not been taking measures to improve it

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

According to residents, the road becomes slushy and turns into a mini pond whenever it rains

Thousands of motorists and hundreds of school buses depend on this six-kilometre road that connects Sarjapur Road with Hosur Road. Half the stretch of this road is called Kasavanahalli Road, and the remaining half of the stretch is called Hosa Road. Many people working at software and other companies in Electronics City have been struggling to commute on this road for more than a decade, and the condition of the road has now become worse.

"I do not know what to say about the condition of this road. We have been struggling a lot to commute on this road, and it has become tough whenever it rains. We have complained to the BBMP authorities, but nothing has been done to fix this problem," said Vishnu Prasad, a resident of Bellandur.

The residents complain against the BBMP authorities for not taking measures to fill up potholes and craters or asphalt the road all these years. They said the road was dug up two years ago for laying water pipes, but the authorities failed to restore the road after the completion of the laying of water pipes.

"The government has been inviting suggestions from the public to improve the brand value of Bengaluru. But what is the use of receiving suggestions or conducting meetings without ensuring the basic infrastructure is in good condition?" asks a resident on the condition of anonymity.

Valli Srinivasan, another resident, told Bangalore Mirror that the road has become pathetic during the monsoon.

"A small stretch of the road was asphalted, but no measures were taken to restore the remaining portion of the road. The problem with this road is that it falls under the jurisdiction of two wards. As if potholes and craters are not enough, some residents began dumping garbage on the side of the road, thus making it dirty," said Srinivasan.

The road is the main link for people working at Electronics City. It will be good if the road is restored as early as possible, she added.

According to Nithin Mallikarjun, a resident of Kasavanahalli, the BBMP authorities continue to ignore the road on one or another pretext.

> **A small stretch of the road was asphalted, but no measures were taken to restore the remaining portion. The road falls under two wards** –Valli Srinivasan

"The road becomes slushy and turns into a mini pond whenever it rains, as there are no drains on both sides of the road. Divided into two wards, the road has become a no-man's land as the authorities of both wards are trying their best to avoid asphalting the road. There are instances of school buses stuck in the slush whenever it rains heavily. Many two-wheeler riders got injured when their vehicles skidded due to the slush," explained Mallikarjun.

The BBMP authorities have approved many residential apartment complexes with hundreds of flats but failed to asphalt the roads, he added.

Meanwhile, BBMP Joint Commissioner (Mahadevapura), Dr Dakshayini, has assured to depute an engineer to the spot. "I will look into the matter," said the Joint Commissioner.

K-RIDE plans to extend rail network

Melvin Mathew
c-melvin.mathew@timesgroup.com
TWEETS @BangaloreMIRROR

As Phase I of the suburban railway gets off the ground, Rail Infrastructure Development Company (Karnataka) Limited (K-RIDE) prepares a Phase II plan.

K-RIDE has prepared a 452-kilometre-long rail proposal to extend to nearby cities. State Minister for Infrastructural Development, MB Patil, announced on Monday a proposal to extend the suburban network to Kolar, Tumakuru, Mysuru, Bangarapete, Hosuru, and Gauribidanuru. The proposal for an additional 452 km has been prepared by K-RIDE, which has sought the approval of the Ministry of Railways for a pre-feasibility study.

The proposal suggests extending the rail network from Devanahalli to Kolar along Corridor 1 (107 km), Chikkabanavara to Tumkur via Dabaspet along Corridor 2 (55 km), Kengeri to Mysuru along Corridor 3 (125 km), Whitefield to Bangarpete along Corridor 3 (45 km),Heelalige to Hosuru along Corridor 4 (23 km) and Rajanukunte to Gauribidhanuru via Doddaballapur along Corridor 4 (52 km). Additionally, it proposes a new lane, 'Corridor 2A', from Chikkabanavara to Magadi (45 km).

The current BSRP network involves four corridors covering a length of 148.17 km. It comprises KSR Bengaluru City to Devanahalli (Corridor 1: 41.4 km), Baiyappanahalli to Chikkabanavara (Corridor 2: 25.01 km), Kengeri to Whitefield (Corridor 3: 25.01 km), and Heelalige to Rajanukunte (Corridor 4: 46.25 km).

At the review meeting held with K-RIDE officials, Minister MB Patil advised the officials to prepare a revised proposal extending the BSRP to include the above-mentioned places. The proposal would facilitate hassle-free commutes for the people and enable industrial development in the region.

DULT suggests extending the phase I network

While seeking the approval of the Ministry, it has been mentioned that the Commissioner, DULT (the nodal authority to regulate and coordinate urban mobility initiatives in the Bengaluru Metropolitan Area), had also suggested K-RIDE consider extending the current BSRP network from Heelalige to Chandapura, Kengeri to Nadaprabhu Kempegowda layout (BDA), Challaghatta. It was also suggested to start the process of preparing DPR for the extension of suburban rail to satellite towns.

File photo of suburban rail project near Nagawara in B'luru

> **K-RIDE has prepared a 452-kilometre-long rail proposal to extend to nearby cities. Approval of Ministry has been sought for proposal**

whatsapp MIRROR 9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Stop it!
D'Souza Road

D'Souza Road has unfortunately become a frequent spot for public urination. It is crucial that this issue be effectively addressed in Ward 111.

Time to fix
CV Raman Nagar

Kaggadasapura Main Road in CV Raman Nagar, near MK Retail, is in a deplorable state. Considering that we are in the middle of rainy season, there is an impending disaster waiting to happen in the area, as witnessed last year.

Dirty stretch
Fraser Town

This is the road condition of Kandaswamy Mudaliar on Tannery Road, Fraser Town. Something should be done.

Busting IVF Myths: Insights on the Truth

In the realm of assisted reproductive technologies, In-vitro fertilization (IVF) has become a beacon of hope for couples struggling with infertility. However, there are several myths surrounding IVF that have caused misconceptions and anxieties among prospective patients.

Dr. Sneha J, a Consultant Gynaecologist and Reproductive Medicine specialist at NU Hospitals & NU Fertility, has taken the initiative to debunk some of these myths. The first myth is that IVF is an excruciatingly painful procedure. Dr. Sneha clarifies that while IVF does involve injections and medications, recent advancements in drug delivery have reduced the size of needles, thereby minimizing discomfort. The purpose of these injections is to stimulate the ovaries to produce more eggs, leading to mild abdominal bloating, distension, and nausea for a few days. However, with proper monitoring by experienced physicians, these side effects can be effectively managed.

The second myth is that undergoing IVF necessitates quitting one's job.

"This is not true. By communicating their work schedule to the doctor, patients can have their treatment personalized to accommodate their job commitments. Scan schedules and injections can be adjusted, allowing individuals to continue

working during the IVF process. The third myth is that Babies conceived through IVF are more likely to be abnormal. Let me clarify that IVF is primarily a method to facilitate fertilization, and it does not significantly alter the genetic makeup of the embryo. The chances of congenital malformation or genetic abnormalities in IVF-conceived babies are comparable to those conceived naturally. The fourth myth is that IVF always results in multiple pregnancies. I want to reiterate that while multiple pregnancies were more common in the past due to the transfer of multiple embryos, current guidelines advocate limiting the number of embryos transferred to one or two, whenever feasible. This approach helps reduce the likelihood of multiple pregnancies. There is also a myth that complete bed rest is necessary after embryo transfer. Let me tell you that contrary to old practices, recent studies indicate that complete bed rest after embryo transfer provides no additional benefits. In fact, it may have a negative impact. However, activities that strain the body, such as lifting heavy weights and jumping, should be avoided", Dr Sneha clarified.

Meanwhile, Dr. Arunima Haldar, a Consultant in IVF & Reproductive Medicine at Manipal Hospital Whitefield, emphasises that lifestyle modifications and careful evaluation of underlying infertility causes can significantly improve IVF success rates.

While IVF pregnancies are considered high-risk, advanced obstetric medical care and NICU support in multi-specialty hospitals enhance the chances of a successful conception and healthy delivery. Dr. Haldar stresses the impact of age as a non-modifiable factor affecting IVF success. Women over 35 may experience reduced fertility due to declining egg quality and quantity. Conversely, younger women generally have higher success rates with IVF. Similarly, men over 50 may experience a decrease in semen quality, contributing to lower success rates. Identifying underlying causes of infertility, such as chronic inflammation, endometriosis, PCOS, fibroids, or fallopian tube issues, is crucial for providing timely care during IVF preparation.

-Prakash VL

oasis
FERTILITY
World
IVF Day
World IVF Day Special Offer
IVF Treatment starts at Easy EMI of ₹ 9,999/-* per month
20k Discount on IVF
FREE CONSULTATION
For appointments, call: +91 9015 245 245
HSR, Bangalore: Survey No. 758 and 759, Sector-2, 19th Main, Land Mark, Sai Mandir, HSR Layout, Bangalore, Karnataka - 560102.
BSK, Bangalore: 3rd Floor, Above Tanishq Show Room, 100 Feet Ring Road, Opp: Apollo National Public School, Banashankari 3rd Stage, Bangalore, Karnataka - 560085.
Mangaluru: 1st Floor , 'C' wing, AJ Hospital and Research Centre Building, NH 66, Kuntikana, Mangaluru, Karnataka - 575004.

Unraveling the Journey to Conception

For countless couples yearning to embrace parenthood, In-Vitro Fertilization (IVF) has emerged as a ray of hope. Dr. Sneha Shetty, the esteemed clinical director and chief fertility specialist at Vriksh Fertility, opens the door to a world of possibilities through IVF, sharing valuable insights and dispelling misconceptions surrounding this transformative assisted reproduction technique.

"IVF has been a game-changer for many couples struggling with infertility," remarks Dr. Shetty. "When a couple has been trying to conceive for a year without success, it's crucial for them to seek medical intervention. We conduct comprehensive tests for both partners to identify potential fertility barriers."

Empowering the Infertility Index

Dr. Shetty underlines the significance of seeking medical intervention when conception remains elusive even after a year of trying. She notes that couples over 35yrs of age or women with irregular / painful menstrual cycles, or men experiencing specific erection / ejaculation issues, should not hesitate to approach a doctor. A thorough evaluation, including ultrasonography scans and semen analysis, can identify potential barriers to fertility. "In up to 90% of cases, we can successfully diagnose the issues through these tests, offering a sense of direction for couples seeking solutions," adds Dr. Shetty.

Demystifying the IVF Process

Breaking down the complexities of IVF, Dr. Shetty elucidates each crucial step involved in the process. From administering injections to optimize egg development to carefully monitoring embryo growth in an incubator, IVF emerges as a promising solution, especially for women with a lower number of eggs. "IVF can be a life-changing option for couples with specific fertility challenges. It provides them with renewed hope and a chance to fulfill their dreams of parenthood," reassures Dr. Shetty.

Dr. Sneha Shetty
Clinical Director & Chief Fertility Specialist

The Power of Stem Cell Therapy

Stem cell therapy unveils its remarkable applications in the field of fertility. Dr. Shetty highlights two key uses - Firstly, Rejuvenating the endometrium by injecting stem cells into the uterine lining to improve blood flow and improving endometrial thickness. Secondly to increase egg reserve for women facing premature ovarian failure. "Stem cell therapy opens new doors for hopeful parents, enhancing the chances of successful pregnancies and making parenthood dreams more attainable," explains Dr. Shetty.

Success Rates and Key Factors

Understanding the factors influencing IVF success rates is pivotal. "The success rate of IVF is around 60%, and it depends on various factors, such as age and the quality of eggs ,sperm and embryos formed" says Dr. Shetty.

Affordability and Hope

As concerns about affordability arise, Dr. Shetty highlights that in India, the expense of IVF is merely one-third compared to places like London or the USA. With hospitals offering flexible payment options, hope is accessible to a broader spectrum of couples. The total cost may vary based on individual cases, considering different types of medications to be used based on patients response or sometime certain individuals may need fertility enhancing surgeries like hysteroscopy or laparoscopy etc, and hence typically cost may range between 1.5 to 3 lakhs. "Making IVF more affordable has been a key focus, allowing more couples to access the treatment and realize their dream of having a child," emphasizes Dr. Shetty.

Advancements Paving Way

In the realm of IVF, groundbreaking advancements are rapidly changing the landscape. Collecting sperms even when their sperm count is zero in semen via painless surgical retrieval procedures like PESA/TESA/ MICROTESE etc , conducting the ERA test (ENDOMETRIAL RECEPTIVITY ASSAY) to determine the individual optimal time for embryo transfer to increase chances of conception, genetic testing of embryos - PGT to detect and eliminate genetic embryos prior to embryo transfer are few examples of the exemplary advances in field of IVF over the last few years. Using Artificial Intelligence (AI) for precise embryo selection is also reshaping the IVF landscape. Electronic witnessing systems are ensuring efficient and error-free procedures in order to prevent mixup of gamete creating a sense of reassurance to the couple too. "Such amazing technological advancements have significantly improved IVF success rates, giving hope to countless couples worldwide," says Dr. Shetty.

VRIKSH FERTILITY
Hope · Life · Happiness

The Rise of Awareness and Support

With rising awareness, couples are proactively seeking fertility treatments, and the stigma around IVF is dissipating. Celebrities have joined the movement, endorsing fertility solutions like egg freezing, IVF, surrogacy driving this transformative conversation. "We have witnessed a shift in societal attitudes towards IVF, with more couples coming forward, seeking solutions to fertility challenges," she says.

Dispelling IVF Myths

Addressing misconceptions, Dr. Shetty dismisses the need for complete bed rest post-procedure, assuring patients they can resume normal activities with certain precautions. She quashes the notion that IVF 100% leads to twin or multiple pregnancies, clarifying that keeping in mind the risk baby and mother poses - single embryo transfer has been advocated over past few years , if two embryos are transferred then risk of twin pregnancy would be around 25%.

Challenges and the Path Ahead

Dr. Shetty attributes the rise in infertility issues to lifestyle factors such as smoking, alcohol consumption, sedentary habits, and obesity. Environmental factors like pollution and pesticide use further contribute to the challenges couples face. Additionally, couples opting for late marriages / parenthood later in life owing to personal or professional reasons ,have created a drastic decline in fertility potential too!

"Addressing these challenges requires a holistic approach, focusing on lifestyle changes and advanced medical interventions," she says.

For more details contact:
Vriksh Fertility, 29/A, 1st Floor, 27th Main Rd, next to Police Station, Phase 3, 1st Sector, HSR Layout, Bengaluru, Karnataka 560102. Ph: 8797080808

KAUSHIK JN

Stagnant moments

Silk Board junction was waterlogged after a spell of showers on Monday

Weather is playing tricks

Meteorologists puzzled by fluctuating patterns, B'lureans gear up for climate surprises

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharVMIRROR

Several parts of city witnessed moderate rain and heavy winds on Monday

The weather in Bengaluru has been keeping residents and meteorologists on their toes with its ever-changing and unpredictable nature. From unexpected downpours to unseasonal temperature shifts, the city seems to be experiencing a roller-coaster ride of weather patterns. The statistics reveal a roller-coaster ride of weather patterns, contributing to this enigmatic phenomenon.

According to the Meteorological Department, the city has received a surprising 19 cm of rainfall from June 1 to July 24, 2023, as against the average of 17 cm, representing a 12% excess monsoon rainfall. This comes after the city witnessed its driest June in six years, with only 7.2 cm of rainfall instead of the expected 11 cm. However, prior to June, Bengaluru witnessed its wettest May since 1957, indicating significant fluctuations in weather patterns throughout the year.

In fact, Bengaluru has been facing significant fluctuations in weather patterns throughout the year 2022, setting various weather records. The trend continued with April 2022 being the wettest in seven years, May 2022 experiencing the coldest May in seven years, June 2022 being the wettest in 10 years, and July 2022 recording the wettest in 14 years. Even August 2022 followed the pattern, becoming the wettest in 10 years. Met experts say that such fluctuations in weather have raised concerns about the changing climate patterns in the region and have led to a growing unpredictability in Bengaluru's rainfall.

The critical Cauvery catchment areas, crucial for Bengaluru's water needs, are experiencing abundant rainfall. Notably, the water level at the KRS reservoir has risen to 96.15 feet, witnessing an increase of 4 TMC feet in just four days. Despite this improvement, there is still a long way to go, as the total storage stands at 49.45 TMC. However, there is a glimmer of hope as the water inflow has risen to 37,130 cusecs thanks to copious rainfall in the catchment area as well as water being let out from the upstream Harangi reservoir.

According to A Prasad, a scientist from the India Meteorological Department, almost all parts of Karnataka have received good rainfall, with 12 places receiving heavy downpours. The overall rainfall deficit, calculated from June 1 until now, stands at a mere 4%, a significant improvement from the 70% deficit at the end of June. North interior Karnataka has exceeded its average rainfall by 6%, while south interior Karnataka has a deficit of 15%. Some districts have experienced large excess rainfall, with Chitradurga receiving 60% more rainfall than usual. Bengaluru and 11 other districts have received regular rainfall, with the city itself witnessing an excess of 12%. On the other hand, Kodagu, the birthplace of the Cauvery River, has a deficit of 40%. "Red alerts for coastal areas on Monday. Shivamogga, Chitradurga, Hassan, and Kodagu districts will continue to be on yellow alert for the next four days, while Bengaluru will receive rainfall for the next five days," said Prasad

> **"3.1 and 5.8 km rain in the north has persisted since last week, yellow alerts for several districts in north interior Karnataka**
>
> A Prasad, Met Dept

As of July 24, there have been significant changes in water storage levels in various reservoirs. Linganamakki reservoir saw a remarkable rise, reaching 31% capacity, indicating a 63.16% increase in water storage over four days. Similarly, the Supa reservoir experienced a notable surge and stood at 39% capacity, reflecting a 39.29% increase during the same period. Varahi reservoir also witnessed an improvement, rising to 25% capacity, marking a 31.58% increase.

Among the reservoirs with higher initial storage levels, Harangi rose to 79% capacity. KRS reservoir reported a noticeable increase, reaching 39% capacity, representing a rise of 21.88%. The largest reservoir in Karnataka, Almatti, which initially had lower storage, showed remarkable progress, reaching 47% capacity. Tungabhadra reservoir showed an impressive 100% high.

Transport workers call off bandh

Melvin Mathew
c-melvin.mathew@timesgroup.com
TWEETS @BangaloreMIRROR

After a meeting with Transport Minister Ramalinga Reddy, the federation temporarily called off the private transport sector strike slated for July 27. Minister has agreed to fulfil all demands except the Shakthi scheme and withdrawal of life tax for vehicles worth more than 10 to 15 lakh.

According to reliable sources, the Bengaluru bandh slated to be held on July 27 has been called off as the transport minister has agreed to meet the majority of the demands, much relief for the commuters in private hire vehicles as it will be available regularly.

Two sets of federations of private transport workers met Reddy on Monday to address the various issues ailing the private transport sector. The federations put forth several demands and the minister has agreed to fulfil 28 out of 30 demands. The remaining two demands about reimbursement to the private sector for the Shakhi scheme and withdrawal of life tax for vehicles worth more than 10 to 15 lakh will be discussed with chief minister Sidharamai on August 10. The federation has stated the failure to comply with the last two demands within the prescribed period will lead to a protest on July 11.

Out of 30, 28 demands have been agreed to be fulfilled. The other two will be pertained by finance ministry

Out of the many demands submitted by the private transport bodies including auto driver unions, maxi cab unions, and private bus operators. Their primary demands involve the complete ban on rapido bikes and taxis, monthly compensation subsidies to drivers for a sum of Rs 10000, the establishment of an UCDTDC, and the provision of direct loans at low-interest rates from caste-wise corporations.

Additionally, the taxi owners and drivers association have demanded housing schemes for drivers, subsidy schemes for buying cards, scholarships for children of drivers and stern action against whiteboard vehicles and Zoom cars services. They have also demanded either reimbursement or complete abolition of road tax for private vehicles and removing road tax for contract and college vehicles. They have also requested the setting up of Indira canteens near airports.

Speaking to BM, Tanveer Pasha, the president of Ola, Uber drivers and owners' association in Bengaluru, said "Our major demand was to impose a ban on rapido services in Bengaluru. At the meeting, drivers were educated about the Shakthi scheme and its known impact on the private sector." Depending on the fulfilment of the demands the strike has been temporarily postponed," said S Nataraj Sharma, called for the bandh.

A Step-by-Step Guide to Your IVF Journey

Dr. Meenal Agarwal
(MD,DM), Clinical Genetics, MedGenome

Infertility or subfertility refers to a couple's inability to conceive after one year of unprotected intercourse. It can be categorized as primary (never conceived) or secondary (previously conceived but unable to now). According to the Indian Society of Assisted Reproduction (ISAR), 10-14% of Indian couples may be infertile. Lifestyle factors, delayed marriages, obesity, and other medical conditions contribute to reduced fertility rates.

In vitro fertilization (IVF) is a popular artificial reproductive treatment for couples struggling to conceive naturally. IVF is usually recommended in scenarios where fallopian tubes are damaged or surgically removed, male partner has an extremely low sperm count or poor sperm motility. Chronic conditions such as ovulation disorders, endometriosis, or pelvic inflammatory disease are present.

● **The IVF process involves several steps, as explained below:** The first step is Consultation and Planning. An IVF cycle starts with a counseling session with an Obstetrician/ IVF specialist to assess the

couple's medical and reproductive health. Comprehensive investigations, including semen analysis for the male partner and ultrasonography for the female partner, are conducted. Additional tests such as laparoscopy or hysteroscopy may be required for females. Genetic workups, like Karyotyping, are recommended for all couples. s.

● **Step 2:** Ovarian Stimulation and Egg Retrieval

The female partner is prescribed artificial hormones to boost egg production. Regular blood tests and ultrasounds are performed to monitor hormone levels and ovarian health. The eggs are then extracted through minor surgery under anesthesia. Follicles, which are fluid-filled sacs where eggs mature, are identified by placing a hollow needle into the pelvic cavity in ultrasound guidance.

● **Step 3:** Fertilization and Embryo Development

Sperm samples are collected from the male partner or a sperm donor. High-quality sperm is used to fertilize the eggs. In some cases, intracytoplasmic sperm injection (ICSI) is used, where a single sperm is directly injected into an egg. The developing embryos are regularly monitored to ensure optimal growth before being transferred into the uterus.

● **Step 4:** Embryo Transfer & Post-Transfer Care

The best-quality embryo is selected for implantation into the woman's uterus. Usually, one or two embryos are chosen. The selected embryo is delicately inserted into the uterus via a tiny tube during the embryo transfer technique. The transfer is done under anesthesia and guided by ultrasound. After the transfer, the woman's hormone levels (beta HCG) and ultrasounds are monitored to determine if the embryo has successfully implanted and is developing appropriately.

Advancements have revolutionized the field of IVF. Collecting sperms with low counts, conducting ERA tests for optimal timing, and using AI for selecting the best sperms and embryos have contributed to better results. Stem cell therapy finds applications in some cases too.

Dr Sneha Shetty
Clinical director & Chief Fertility Specialist Vriksh Fertility

IVF has enabled millions of couples to realize their dreams. Over the years, we have witnessed breakthroughs in Assisted Reproductive Techniques, such as In Vitro Fertilization, Intracytoplasmic Sperm Injection, Preimplantation Genetic Testing, Ovarian Rejuvenation Through Platelet-Rich Autologous Plasma and much more. **Dr. Ashwini G B**
Chief Embryologist, Fertility Specialist & Scientific Director, Aspire Fertility Center

I would like to express gratitude that technology and science has helped many childless couples to have children . Many couple with tubal issue or low sperm count or severe endometriosis are now able to conceive with ART

Dr Pratibha Govindaiah
Fertility Expert & Gynecologist Janya Fertility and Gynecology Clinic

Janya Fertility Celebrates World IVF Day
EMPOWERING DREAMS AND DELIVERING MIRACLES.
Today, on World IVF Day, we join the global community in recognizing the profound impact of assisted reproductive technology.

JANYA FERTILITY
Giving life to dreams
Call us:+91 97314 41111
2nd Floor, 2317, 27th Main Rd, above Chaayos, 1st Sector, HSR Layout, Bengaluru, Karnataka 560102

ASPIRE FERTILITY CENTER
Completing The Circle of Life
World IVF Day
Experience the Joy of Parenthood with Aspire Fertility Center
Celebrating World IVF Day, we proudly stand as a trusted partner in your journey towards reproductive wellness.

IVF: A BLESSING TO HUMANITY
In the realm of assisted reproductive technology, IVF has emerged as a miraculous breakthrough. At Aspire Fertility Center, we embrace this blessing and leverage its power to help you achieve the gift of parenthood.

10,000+ HAPPY COUPLES AND COUNTING
Each success story is a prideful moment for us. With over 10,000 patients who have entrusted us with their dreams, we are inspired to continuously deliver the highest standard of care and achieve exceptional outcomes.

TRUSTED PARTNER FOR REPRODUCTIVE WELLNESS
We understand the emotional significance of your journey, and we are honored to walk alongside you as your trusted partner.

No 2, 19th Main, 4th Sector, HSR Layout Bangalore 560102 www.aspirefertility.in info@aspirefertility.in +91-080-4212 1313 / 12 | +91-962 000 4610 / 6410
@HSR @SRJ

'Powerless and breathless' on Vande Bharat journey

Passengers reveal more on moments of discomfort during sudden shutdown

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharVMIRROR

Railway commuters on the premium Vande Bharat train had a harrowing experience when the train abruptly came to a halt at Bangarpet railway station on Sunday. According to the passengers, the power connection was suddenly snapped, leaving them in discomfort as the AC stopped functioning, and they were unable to open the windows for fresh air.

TR Sambasivan, 64, who was travelling with two other family members told Mirror, "We were on our way from Mysuru via Chennai, and everything was going smoothly until we reached Bangarpet around 4 pm. There was no scheduled halt at Bangarpet, so we were surprised to see the train stop at this unexpected station. In our C5 bogie, all of a sudden, the lights went off, and everything shut down. The main doors were closed, and we were stuck there for 45 minutes, this led to suffocation due to the lack of fresh air in the AC train. We requested the in-charge to open the doors for ventilation, but they asked us to wait as the train was stuck due to some technical issue. Eventually, the train resumed after the issue was resolved."

Officially, it was confirmed that the train had halted due to a problem with the traction motor. However, South Western Railways Chief PRO Aneesh Hegde clarified that despite the electrical fault, the ventilation and lighting in Vande Bharat coaches continue to operate on battery supply for at least three hours. He further stated, "There was no need to open the doors for ventilation as the technical issue was promptly attended to, by the team of technicians.

An innovative approach enhances convenience

Meanwhile, the Indian Railways have adopted a new method of linking popular areas with station names, enhancing convenience for travellers. According to Hegde, this approach simplifies the identification of smaller stations with well-known cities or areas.

As a result, passengers planning their journeys will be prompted with the station name and the corresponding popular area, creating a more personalised experience during ticket booking on the website and mobile app.

"The benefits of this approach also extend to tourists, making it easier for them to search for specific stations. Moreover, it ensures better connectivity by linking satellite cities with connecting railway stations. To make this possible, Indian Railways has made technological changes and successfully mapped 175 popular cities/areas with 725 stations.

This seamless integration is now reflected in the journey planner station search of the e-ticket booking website, offering passengers a hassle-free experience. One of the key advantages of this initiative is that it eliminates confusion arising from discrepancies between local or popular names and official railway station names.

By bridging this gap, passengers can plan their journeys more efficiently, and tourist travellers can explore new destinations with ease." He added that the integration of popular areas with station names not only streamlines ticket booking but also allows passengers to enjoy a more personalised and seamless travel experience.

Your Connect

TO BOOK YOUR TIMES INTERACT ADS
Stay safe. Stay home.
Call/mail us for contact-less ad booking. To book your Times Interact ads
Call 080-23338111
All digital payment solutions available

jobs

SITUATION VACANT

ADMINISTRATION

MANAGERS

HIRING-FOURTH
Largest Legendary Bank Subsidiary-Job In B'lore.1st Time in India VAM Model, Age 35+PT,WFH: 9686277968

OTHER VACANCIES

PART TIME JOBS

GLOBAL International India's No-1 Registered Co M & F Daily Earn 10,000 to 15,000 PF & ESI Benefits with Food & RM Whtsapp 9513045046/9886959077

personal

CHANGE OF NAME

I, Arijit Malakar S/o Anukul Chandra Malakar R/o D-804, Purva Skywood, Silver County Road, Haralur, Bangalore, 560068, have changed my minor son's name about 9 years, from Ayam Malakar to Ayam Sharma Malakar.

I Pushpadevi Singhvi W/o Arjunlal D Singhvi R/o No:- Flat No H 306 Eta Star Garden Apartments Binny Mill Road K P Agrahara Bangalore 23 Have Changed My Name to Pushpa Devi for all purposes.

I, Saji Kumari W/o Kariappa Mallengada Belliappa Aged About 38 Years R/at No.302, 2nd Floor, Vunnam Heights, Anjanappa Layout, Horamavu, B'luru-560043 Have Changed My Name To Saji Kumari Kallira Chinnappa Vide Affidavit Dtd:21/07/2023 Sworn Before Notary Uday Kumar K, B'luru

I, VYJAYANTHI R N alias VYJAYANTHI AVINASH, D/o Nagarajan R, resident at No.21 Amba Nivas, 4th Main Road, Kumara Park West, Sheshadripuram, Bengaluru-560020 have changed my name as VYJAYANTHI, vide affidavit dated 21.07.2023, sworn before notary S. Subashini, Bengaluru.

I, KUNDA DEEPTHISRI, D/o Hanumantharao Kunda resident at Flat No. 44052, 5th Floor, Wing-44, Sobha Dream Acres, Balagere Rd, Panathur Varthur, Bengaluru-560087 have changed my name as DALIPARTHI DEEPTHISRI vide affidavit dated 21.07.2023 sworn before notary S. Subashini, Bengaluru.

I, Ranganadhan Babu Rajan s/o Madhavan Babu Rajan R/o Flat No A-302 SSVR Tridax Balagere Main Road Varthur B'luru-560087 have Changed my name to Ranganathan Babu Rajan for all purposes.

I, Sasmita Jain D/o Mohan Prasad Guru R/o #204 , United Residency , Plot No-65, 15th Cross , Neeladri Nagar , Electronic City B'lore-560100 have changed my name to Sasmita Guru for all purposes.

I, Nitin Kumar.T Residing at 202, No.15, Sua Residency, Govindappa Road, Basavanagudi, Bengaluru-04. I have changed my Minor Son name from N. Mayank to MAYANK JAIN. Vide affidavit Date : 21.07.2023. Sworn before Notary : Devaraja E.

I K OManjula D/O K S Omprakash, residing in #247,8th main, 3rd block, 4th stage,Basaveshwaranagar, Bangalore-560079, have changed my name from Manjula Amarnath Tambre to K O Manjula for all future purposes.

I, FAYAZ PASHA S/o. Nisar Ahmed, residing at No. 195, 16th Corss, J.P Nagar 4th Phase, Bangalore-560078, have changed my name to S FAYAZ PASHA, vide affidavit dated 24.07.2023, sworn before notary Hegde Ganapati Venkatraman, Bangalore.

I, Sriranjani Thazhathehouse Sivadasan w/o Dhanu Ranganath R/o A-302 SSVR Tridax Balagere Main Road Varthur B'luru-560087 have changed my name to Sriranjani Sivadasan for all purposes.

I Lakshman Nama Govindaraj Setty S/o Govindaraj Setty Lakshmiah Setty Nama R/o No.1060, Ff-101, 2nd Floor, 15th Cross Road, Banashankari 2nd Stage B'lore-560070 have changed my name to Lakshman Nama for all purposes

I Kuchimanchi Nagaramyasri R/o S12 Sreepadam Grand Apt 1st Cross Friends Layout Segahalli Bengalore 560049 Have changed my name to Adiraju Naga Ramya Sri

I, Dileepraju N S/O, Anjaneya R/o #41/95,4th B Cross Hegganahalli Cross Peenya 2nd Stage, Landmark Sumukha Chats, Laxmidevi Badavane - 560091 have changed my name to Dileep Kumara A .

I Arjun Lal Singhvi S/o Dalchand Singhvi R/o No:- Flat No H 306 Eta Star Garden Apartments Binny Mill Road K P Agrahara Bangalore 23 have changed my name to Arjunlal D Singhvi for all purpose.

I, Zameer (My Previous Name) S/o Shaik Mohiyuddin R/o #75 , 1st floor, 5th cross, M M Layout, Kavalbyrasandra, RT Nagar Post, Bangalore-560032 have changed my name as SHAIK ZAMEER PASHA.

WE the Parents Usha Yoganarasimha and Edwin Rathan Prabhu Kumar hereby declare that our minor son s name has been changed from Moshay Ratan May to Moshay Jabez Ratan May on 09/05/2023 in front of Notary T Narayana Swamy

I Srinivasa Narayanappa S/o Naryanappa ,R/o No 3/50,3rd Ward, Dodda Narayanappa Layout, Post Office Road, Anekal , Bengaluru Rural 562106 Have changed my name to, Srinivas Narayanappa, for all purposes.

I, Sagar Borkar, S/O Sanjay Borkar, R/o 3112, Sobha Palm Court, Kogilu Maruthi Nagar, Yelahanka, Bengaluru 560064 have changed (corrected) my name to Sagar Sanjay Borkar vide affdavit dated 24.07.23

THE TIMES GROUP
Readers are recommended to make appropriate enquires and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. The Times Of India Group doesn't vouch for any claims made by the Advertisers of products and services. The Printer, Publisher, Editor and Owners of The Times Of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.

Lakes already in bad shape, this may prove death knell

CONTINUED FROM PAGE 1

leading to a drop in DO level. If implemented, this step will be akin to misusing lake ecosystems," said Dr TV Ramachandra, Centre for Ecological Sciences, Indian Institute of Science (IISc).

Low oxygen levels will lead to the accumulation of dead organic matter, the decomposition of which will imply an increase in temperature and eutrophication of water bodies leading to algal bloom. With lakes already in bad state due to unabated sewage entry and other forms of pollution, floatovoltaic panels (floating photovoltaic) may sound the death knell for lakes' ecology.

Scientists also point to the probable impact of these panels on the foraging patterns of native as well as migratory birds. They say the long-term impact of large-scale floatovoltaic projects in freshwater ecosystems can trigger a chain of reactions impacting aquatic flora and fauna. An unwelcome change in water chemistry might be inevitable too.

"Since the panel construction is likely to affect aquatic flora and fauna due to its shade (lower plant growth, means less food availability for birds and fishes). It might also reduce the feeding and foraging habitats of these animals.

Large construction of these panels may affect several crucial water chemistry variables such as temperature, pH, dissolved oxygen, etc," said Dr Vidyadhar Atkore, scientist, Salim Ali Centre for Ornithology and Natural History, Coimbatore.

According to some scientists, if wetland vegetation is removed for panels, one needs to do it carefully since they form an important refuge for aquatic species and birds.

Inventory of biodiversity

Experts say a thorough inventory of biodiversity is required before going ahead with the installation of solar panels on lakes. Moreover, sites with threatened flora and fauna need to be avoided too. Since such projects might also involve a lot of construction activities, it would lead to noise pollution in and around fragile lake ecosystems, so experts suggest that if at all it is done, installation of panels be done on an experimental basis.

"In case floatovoltaics are imminent, installations should be done on an experimental basis to understand its impact on native flora and fauna, along with lakes' ecosystem and biodiversity. The timings of the bird migration should be understood very well. However, the impact of heavy machinery on delicate plant growth and wetland soils will be imminent. Long-term installation and maintenance of the system might also pose a problem of water pollution due to leaching, oil, and harmful inorganic compounds in the lake ecosystem," said a city-based ecologist.

"Generally speaking, floatovoltaics on lakes might lead to huge biodiversity issues. The government must look at other avenues of installing solar panels such as rooftop panels and agri voltaics that involve solar panels on agricultural lands. Solar panels on lakes might also not be economically advisable," said Dr Veena Srinivasan, senior fellow, Ashoka Trust for Research in Ecology and the Environment.

HEALTH TIP: Strawberries are full of vitamin C, which not only helps bolster your immune system but also aids iron absorption and eye health

Broccoli is good source of zinc, carotenoids, iron and folate, which are essential for our reproductive health

A mathematician explains how math is everywhere – from soap bubbles to Pixar movies

You do the math

It can be easy to think that you need math only to do your algebra or geometry homework or if you have a job as an engineer. But, in fact, math pops up everywhere – even in the soap bubbles in your kitchen sink.

While washing dishes when I was 13, I noticed that the soap bubbles formed tiny 3D polygons, packed together like a honeycomb, but not all of these shapes were perfectly round. Why did some of the bubbles look like hexagons? Why were others shaped like squares full of air? Why didn't I see any star-shaped bubbles, or bubbles with spikes?

When I learned that math could help answer these questions, I thought that was so cool! Now, as a professor of mathematics who studies how people learn math through play, I understand why bubbles are naturally lazy. I even studied the math behind the reason I saw only some shapes in soapy dishwater.

Besides helping explain the behavior of bubbles and other curiosities of nature, math is likely part of many of your everyday activities, along with the technology you enjoy and even the inner workings of your brain. Doing math isn't just about computing, memorizing, solving an equation or doing word problems by yourself. It's really about creative problem-solving and logical thinking with other people.

Math in everyday life

Many topics you learn in elementary school – like fractions, percentages and measurements – are useful in everyday life.

For example, if you want to build a fence around your house, paint your walls a new color or with a design, or sew yourself a new outfit or quilt, all of those activities require knowledge about measurement and scaling. More complicated construction projects, such as building a treehouse, require lots of mathematical problem-solving skills.

Once you've laid out the plans for one of these projects, you need to buy all the materials. Percentages – which are special kinds of fractions – are especially important to understand when managing money. Understanding percentages can help you budget your money and increase your net worth.

Beyond budgeting, you might find yourself using percentages when cooking a double batch of brownies, determining how much medicine to take when you're sick or understanding the weather forecast.

Your favourite technology needs math

Math is an essential tool that animators use to make movies.

Studios like Pixar rely on ideas from geometry to bring characters like Ember from "Elemental" to life. With an understanding of geometric transformations like reflections, rotations and translations, you can use your computer to make your own animations.

Coordinate systems, which are fundamental to geometry, show up in video games like Minecraft. The 2D Minecraft world uses a 2D coordinate system – with an x-axis and a y-axis – where you can move north, south, east or west. In the 3D Minecraft world, there's also a z-axis, allowing you to move up and down. Middle and high school teachers can even use Minecraft to help students learn math concepts.

Many high-paying jobs use math, especially probability – again, fractions. Understanding probability helps doctors identify how effective medical treatments are, informs coaches about ways their teams can improve and aids cryptographers in keeping private information – like your email password or ATM PIN – secret. Cryptography combines probability with number theory to create secret codes that are difficult to crack.

Math helps your brain

Math can have a big impact on your internal life, too. You can use math activities to train your brain the same way you would train your body for a sport. Doing math helps your brain become flexible so you can better handle new tasks and ideas of all kinds.

Even doing things that don't look like your math homework, such as crossword puzzles, word searches and board games like Set and Blokus, are deeply mathematical activities that help your brain get stronger. This kind of mental training helps the brain pay attention and solve problems and improves memory. A strong working memory supports brain functions that lower the risk of Alzheimer's disease and dementia.

Having a stronger, more flexible brain also aids quantitative literacy, which can help you make sense of graphs that appear in the media, reflect critically about news and understand health and financial information.

Math can even help you outsmart artificial intelligence. With the rise of AI, it's important to be able to think creatively, reason logically and make connections between concepts – whether mathematical or not. Puzzling through a difficult math problem nurtures these skills, even if you don't get the right answer right away.

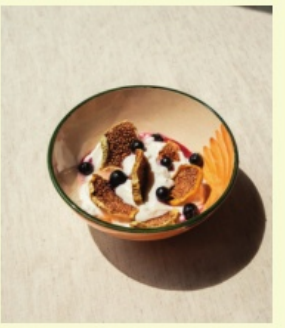
It's important to remember that doing math doesn't require you to be fast or to get the correct answer right away. In fact, you can learn a lot by getting the wrong answer. Working with other people can also help you to make sure you really understand the problem and builds communication and teamwork skills.

Math is so much more than memorizing times tables and filling out homework problem sets. So next time you kick back to watch your favorite animated movie, or start saving up for a fancy new tech gadget, hopefully you'll appreciate how math is woven into so many parts of life.

Hortensia Soto, Colorado State University, The Conversation

MIRRORLIGHTS

Can probiotics help slow age-related cognitive decline?



According to the findings of a new study, eating a probiotic may help avoid the deterioration in memory and thinking that can occur with ageing. This study could pave the path for new, non-invasive treatments that use the gut flora to slow cognitive loss in the elderly.

The researchers found that when study participants with mild cognitive impairment received the probiotic Lactobacillus rhamnosus GG (LGG) for three months, their cognitive scores increased. This cognitive improvement was also associated with changes in their gut microbiome.

"The implication of this finding is quite exciting, as it means that modifying the gut microbiome through probiotics could potentially be a strategy to improve cognitive performance, particularly in individuals with mild cognitive impairment," said Mashael Aljumaah, a microbiology doctoral candidate at the University of North Carolina at Chapel Hill and North Carolina State University. "This adds a new layer to our understanding of the microbiome brain-gut connection and opens up new avenues for combating cognitive decline associated with aging."

Aljumaah, who is also affiliated with King Saud University in Saudi Arabia, will present the findings at NUTRITION 2023, the annual flagship meeting of the American Society for Nutrition held July 22-25 in Boston.

"Many studies focus on severe forms of cognitive diseases such as Alzheimer's and dementia, but these conditions are more advanced, making them significantly harder to reverse or treat," said Aljumaah. "In contrast, we focused on mild cognitive impairment, which can include problems with memory, language, or judgment. Interventions at this stage of cognitive impairment could slow down or prevent the progression to more severe forms of dementia."

The study involved 169 participants between 52 and 75 years old who were divided into two groups depending on whether they had no neurological issues or mild cognitive impairment.

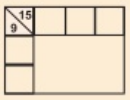
The researchers are now working to understand the specific mechanisms of how microbes like Prevotella influence the gut in a way that improves brain health. Specifically, they are exploring how certain molecules produced by these bacteria modulate the functionality of neuroprotective hormones that can cross the blood-brain barrier. **—ANI**

SOLVE IT IN A MINUTE

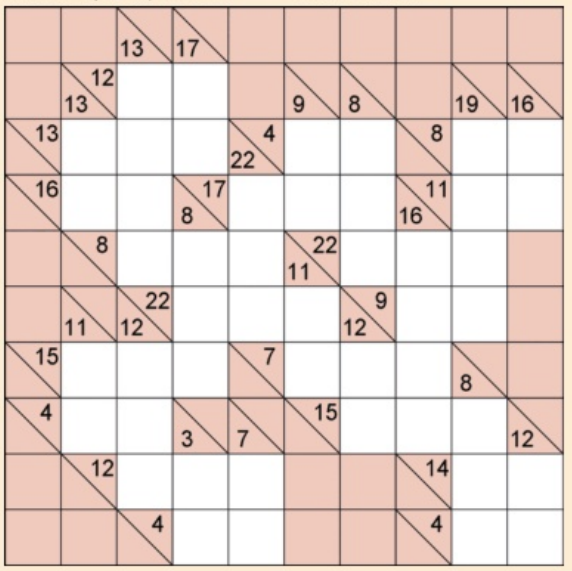
5^(X+3) = 3125
X = ?

Kakuro

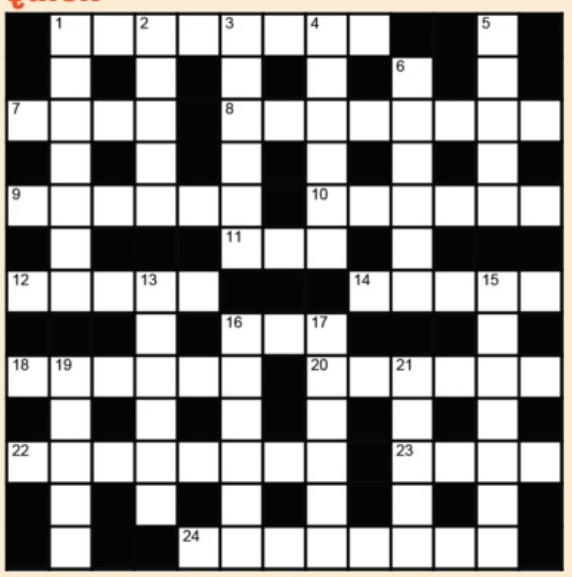
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Extracted, dug out or weeded out? (8)
7 Carrying case to hold small articles for women (4)
8 Fiascos (8)
9 Small pieces of live coal etc. in dying fire (6)
10 Antagonism (6)
11 Male feline (3)
12 Mickey Mouse's friend and companion? (5)
14 Cutting instrument (5)
16 Weep (3)
18 Fat used in candles (6)
20 Referee (6)
22 Chappati made out of rice (4,4)
23 Impulse (4)
24 Imputes or accredits; attributes (8)

DOWN

1 Fast rhythm (2-5)
2 European river (5)
3 Most peculiar or rummy (6)
4 Symbol or insignia (6)
5 Shoe gripper (5)
6 Mental keenness (6)
13 Carry out (6)
15 Searches for food or fodder (7)
16 Makes a sudden attack on (6)
17 More occupied than others, in a way? (6)
19 Take up as one's own (5)
21 Another word for 'vertical' (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: E EQUALS N
EZ YXHGE PIDGQXID PGE BTWD ZIADIC QZ JZWD.

Linemaro

I love you to the depth and breadth and height my soul can reach

Mindchow

If you don't fail now and then, it's a sign you are playing it safe

Joke of the day

I cheated on my metaphysics exam. I looked into the soul of the boy next to me

Loop

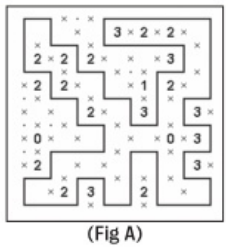
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

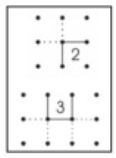
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

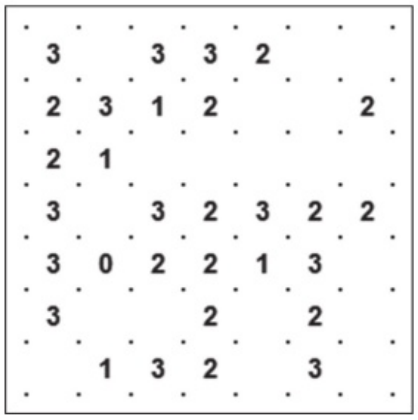
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



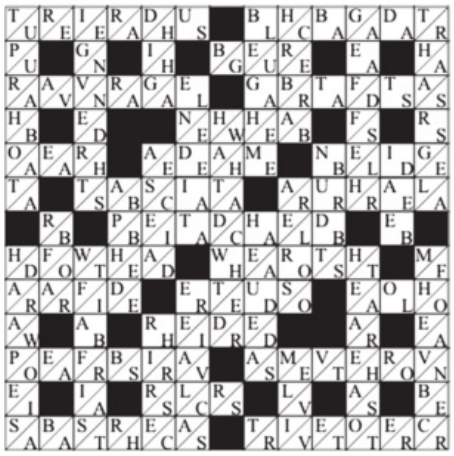
(Fig A)



(Fig B) Not Allowed



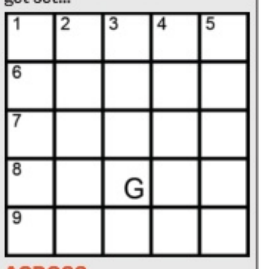
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

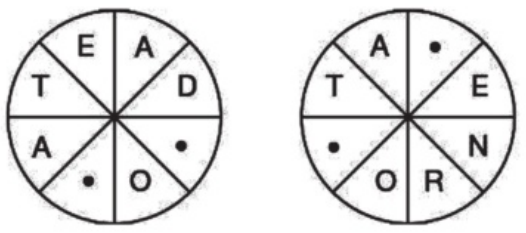
1 Lager; 6 Adorn; 7 Paint; 8 Agree; 9 If Rye

DOWN

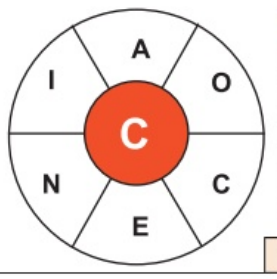
1 If Erg; 2 Liana; 3 A aged; 4 Repro; 5 Try Ne

Mensapuzzle

Fill in the blanks to find two words that are synonyms.



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

10 Average; 11 Good; 13 Outstanding

SudokuChallenge

		8	4		2	9		
	2		6		1		8	
	1		7		5		6	
3								6
4	8						7	3
5								2
	6		2		4		3	
	3		5		8		4	
		7	3		9	5		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

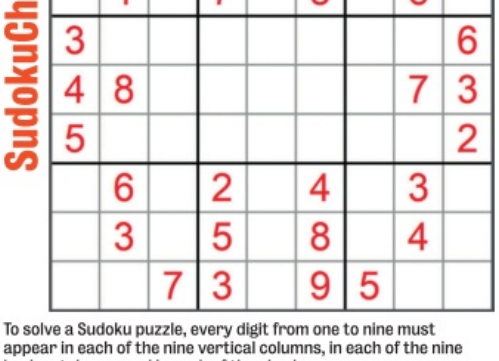
Easy = 8
4 6 7 9

Medium = 36
2 2 8 9

Hard = 6
2 7 7 4

Hocusfocus

Find at least six differences in details between panels.



Differences: 1. Arm is raised. 2. Fingers are not showing. 3. Cap is different. 4. Bush is larger. 5. Tree branch is higher. 6. Clip is missing from clipboard.

Riddler

After a recent spate of home improvements, four couples were having a dinner party to discuss the additions to their houses. Alan had not recently had a new bathroom. Kara had not yet done her kitchen, but perhaps would update it next. Brian, who is married to Maud, had not had new windows. Laura delighted in showing photographs of her new conservatory. Neither Charles nor David had a new kitchen. Julie had not had new windows. Alan, who also had not had windows, is not married to Laura and Charles is not married to Kara. Who is married to whom and what work had they recently undertaken, assuming that each couple had one improvement and no two couples had the same improvement.

Alpha triangle

1 One of the poles
2 Not off
3 Large weight
4 Musical symbol
5 Start
6 Shakespeare work
7 Stress

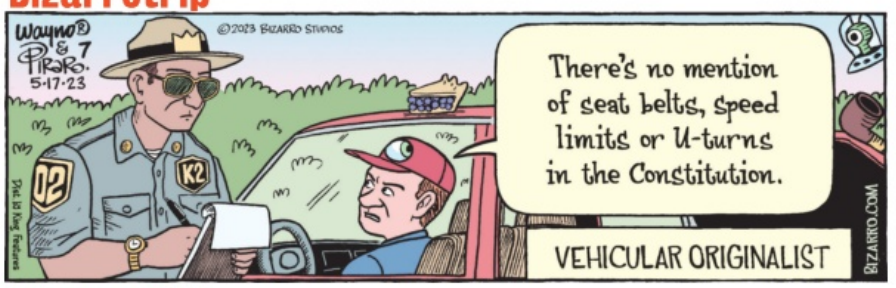
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip



Diamond Lil

Hart of the city

Crankshaft

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may feel dull; it is advised to keep your mind cool, it's a golden rule for you to think twice before any act. You may travel to recover your money, otherwise you may lose it. You are also advised to avoid going for adventure tours. Students are advised to go for in depth study to get success.

Leo Jul 24 – Aug 23
Today you may feel negativity around you. You may find your responsibilities as a burden. You may be in the hurry to complete the task given to you. You may make silly mistakes. Your working efficiency may slow down, which may affect your day to day work. You are advised to take advice from your elders or consultant before taking any important decision.

Sagittarius Nov 23 – Dec 22
Today you may face health issues, which may make you inpatient. You may spend your hard earned money buying worthless stuff. You are advised to control your short temper. Love birds are advised to avoid discussions on worthless topics, otherwise there might be some break up.

Taurus Apr 21 – May 20
Today you may feel good; domestic harmony may make you happy. You may meet some influential person to get some benefits in the work front. You may be likely to perform well in your job; you may expect some rewards in terms of promotions. Disputes in inherited property are likely to settle down.

Virgo Aug 24 – Sep 23
Today you may be enthusiastic; you may be more focused, which may speed up your postponed projects. Your subordinates may help you to start a new project, which may give you profit in the near future. You may expect some short trips related to your family issues. Job seekers may hear good news in terms of jobs.

Capricorn Dec 23 – Jan 20
Today you may meet some influential person, who may help you in the progress of your work. Your network will be strong with the help of that person. You may prepare yourself to implement new ideas into your work or business. You will plan to invest more capital into your business, which may give you financial gains in the near future.

Gemini May 21 – Jun 21
Today you may be healthy; you may be able to focus towards your goals. Your performance may be very good at work, your boss may be happy with you, you may get some important responsibilities at work. You may hear good news in any legal matter. You are likely to have control over your opponents and business rivals.

Libra Sep 24 – Oct 22
Today you may be able to control your expenditure on worthless things, which may increase your savings. You may be more creative today; you may use your creativity in your office or at home, which may enhance your social status. Love birds are likely to get some support from their family members for marriage. Students may hear good news in terms of academics.

Aquarius Jan 21 – Feb 19
Today your mother's health may be good. You may enjoy your work; you may get rewards after your hard work. Your social respect may be increased now. Overworking your mind may make you tired. Due to workload, you may not be able to reach some family events.

Cancer Jun 22 – July 23
Today you may prefer gaining knowledge; you may understand the value of intellectual assets. Sometimes you may control your short temperedness, which may help you to perform your task smoothly. There may be some chances for smooth earning, which may give you comfort in the workflow. You are advised to be careful before making new investments in assets.

Scorpio Oct 23 – Nov 22
Today your willpower may help you to start some new innovations on the work front. You are likely to get a big order in your parental business, which will increase growth in the business in near future. New responsibilities in your job may make you busy; jobseekers might get a good job. Understanding with the spouse may be improved, which can maintain harmony in the family life.

Pisces Feb 20 – Mar 20
Today you may be satisfied at work. You may plan for a short work related trip. You may also visit some religious places to maintain your inner peace. Your gurus may show you the right path, which may give you clarity regarding your goals.

KIDZONE

Arya VG, 7 years, Kensri School

Anusha Pujari, 9 years, Euro School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru- 560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
5*(X+3) = 5²
X + 3 = 5
X = 2

BULL'S EYE
acne, cane, canoe, coca, COCAINE, coin, cone, conic, icon, nice, ocean, OCEANIC, once

FAST FIVE

				E
			G	R
		A	N	D
	I	N	A	P
G	L	A	R	E

QUOTE UNCODE
No human creature can give orders to love.

STRIKE OUT

T	R	I	A	D	S		B	H	A	G	A	T		
	A			E			E					E		

QUICK

														T
														P
														K
														T
														G
														E
														P
														E
														G
														P
														T
														U
														E
														E
														E

Record-breaker — 'Barbie' didn't just break the opening weekend record for 2023; It also shattered the first weekend record for a film directed by a woman

SANDALWOOD SHOTS
Y MAHESWARA REDDY

It is a wrap

Director Hayavadana has completed shooting for Ello Jogappa Ninna Aramane on Saturday. Hayavadana debuts as a director in Sandalwood with this movie, which was shot over 65 days. Prior to this, he has directed a few Kannada serials.

An expensive set, which looks like a cave, was put up at Abhiman Studios for shooting one song sequence of this movie.

"The shooting of the movie is completed with the picturisation of the song – Haudu Huliya Haudavudu – under the guidance of choreographer Mohan. The set was put up by art director Hosamane Murthy. His team and he worked for a week to put up the set," said Hayavadana.

Hayavadana said the shooting gave him a unique experience. "I had an opportunity to visit different locations in different states across the country during the shooting of this movie. The story of the movie begins in Bengaluru and concludes in the Himalayas. We shot some of the scenes at Rohtang Pass and other locations. Audiences will find the movie relatable," the director said.

Anjan Nagendra, who plays the lead, said he visited many places across the country for this movie's shooting. "It showcases the attachment between father and son. It has the emotional elements," said Nagendra. Venya Rai and Sanjana Das are paired opposite with Anjan Nagendra.

Choreographer is director

One more choreographer of Sandalwood is set to become a director. Kulbhushan Raje Urs also known as Bhushan has been busy writing the script for his maiden movie. Bhushan debuted as a choreographer with the movie Rambo 2. He became famous for choreographing the song – Chuttu Chuttu.

"My father directed a few Kannada movies. Direction has been my passion since childhood. Choreographer-cum-director Prabhu Deva is my inspiration. As of now, script work is in progress. If all goes well, the movie will go on floors next month," said Bhushan.

He said the process of selecting cast and crew has already begun. "I am also playing the lead in this film. I am looking for a suitable actress from Karnataka to play the heroine," he said.

He has done choreography for over 50 Kannada movies including Nata Sarwabhauma, Bell Bottom, Roberrt, and Kantara. He debuted as a hero in Sandalwood with Raja Rani Roarer Rocket that was released in September 2022. "I did not join any film training institute to know about direction. My experience as choreographer makes it easy for me to direct," he said.

On a break

What is Sam up to on her vacation? Find out...

A few weeks ago actress Samantha Ruth Prabhu announced that she is going on a year long break from work to concentrate on her health. She was first spotted at Sadguru's Isha foundation where she spent some time in prayers and meditation. And the actress is now in Bali. She recently posted her pictures from her trip, just a day before she had surprised her fans with her short hairdo.

Her new look won her a lot of love from fans. Samantha shared a series of photos on Instagram, wherein she is seen in a white jumpsuit. Embracing the vacay vibe, the actress teamed her OTTD with a hat which had Dream On written on it. The caption on her post read, "Mornings like these." In no time, Samantha's post got over 1 million likes with fans showering her with love in the comments.

One fan wrote, "You're Nailing it Everything.. Everyday Sam." Another comment read, 'Beautiful girl roaming beautiful places." Samantha recently completed her portions in the Indis chapter of Citadel, which is helmed by Raj Nidimoru and Krishna DK of The Family Man fame. — **ETimes**

Kiara to walk the ramp

Actor Kiara Advani is all set to unleash her fashionable avatar on day one of India Couture Week.

The 'Satya Prem Ki Katha' actress will walk the ramp for designer-duo Falguni and Shane Peacock on Tuesday at Taj Palace in New Delhi.

On Monday, Kiara took to Instagram and shared her excitement about the show.

She dropped a short video with the designers from their studio and captioned it, "Showstopper prep! Walking the ramp together after ages."

A total of 16 designers will showcase their collections at the 16th edition of India Couture Week. The line-up includes Ritu Kumar, Suneet Varma, Varun Bahl, Gaurav Gupta, Kunal Rawal, JJ Valaya, Rohit Gandhi and Rahul Khanna, Tarun Tahiliani, Rimzim Dadu, Anamika Khanna, Dolly J, Shantnu & Nikhil, Rajesh Pratap Singh and Rahul Mishra.

Meanwhile, on the film front, Kiara is currently basking in the success of her film 'Satya Prem Ki Katha'. Helmed by Sameer Vidhwans, and produced by Sajid Nadiadwala, the film is revolved around Kartik Aaryan and Kiara's love story. It has grossed Rs 100 crore worldwide so far.

In the coming months, Kiara will be seen sharing screen space with Ram Charan in 'Game Changer'. The film billed as an action drama. — **ANI**

Kudos Kartik

Actor Kartik Aaryan will be felicitated at the 14th edition of the Indian Film Festival of Melbourne (IFFM).

As per a statement, he will be honoured with the Rising Global Superstar of Indian Cinema award at the annual awards Gala night on August 11.

Speaking about the same, Kartik said, "I am deeply honoured and grateful to the Victorian Government and the festival for this prestigious award and humbled to be celebrated at the 14th Indian Film Festival of Melbourne. It is a tremendous privilege to receive this recognition for my work in Indian cinema. I have always believed in the power of storytelling and the ability of films to touch hearts and inspire minds. I look forward to celebrating the magic of cinema together."

The 14th Indian Film Festival of Melbourne will take place from August 11 to August 20. — **ANI**

Honing her craft

Actress Vaani Kapoor, who is known for films like 'War', 'Befikre', 'Shuddh Desi Romance' and others, is all set to make her debut on OTT with 'Mandala Murders'.

'Mandala Murders' is touted to be a gripping crime thriller series directed by Gopi Puthran.

The actress spoke about her excitement on making an OTT debut and working with Puthran, a master of his craft.

She said: "I was looking for something really clutter-breaking for my foray into OTT. I'm thrilled to be working with a mind like Gopi Puthran for 'Mandala Murders' that has pushed me to work my hardest in genre I've never attempted before."

Although the show has challenged the actor in her, she is taking it upon herself to rise above those challenges. The shoot of the series is still underway. "I have always been an actor who has never taken any shortcuts when it comes to my craft because I respect the art of film-making and the purity that one needs to have towards acting," she added. — **ANI**